

## NUTRIENTS FOUND IN SPINACH

- Spinach is an excellent source of vitamin A and vitamin K.
- Spinach is also a good source of folate and vitamin C.
- A half cup of cooked spinach is a good source of vitamin B6, riboflavin, calcium, iron, and potassium!



## HEALTHY, FIT & READY TO LEARN

- Distractions while eating, such as TV or video games, can lead to absentminded munching. To help kids recognize when they are hungry and when they are full, attempt to limit distractions during meals and snacks.



## JUST FOR KIDS

There are several types of spinach. Some varieties of spinach have broad leaves, while others have narrower leaves that come to a point. Try making leaf rubbings with spinach! Fold a white piece of paper in half and place a spinach leaf in the fold. Gently rub a crayon or colored pencil over the paper to create a print of the spinach. What do you notice about the shape of the leaf? Does it come to a point or is it rounded?

## GROWN IN OREGON

Ideal soil temperature for spinach growth is between 55 and 65 degrees, making Oregon a great climate. Because of our mild summers and winters, spinach can be grown almost year-round in many parts of Oregon.



## LIVING AND EATING GREEN

Make sure to unplug the blender after making smoothies, as well as any other seldom-used appliances. Not only will you be saving energy, but you can also save up to \$10 a month on electricity bills by unplugging.

# YOUR OREGON KITCHEN

## QUICK AND EASY

- Add chopped frozen spinach to lasagna, casseroles, and soups.
- Saute spinach with eggs and other vegetables for a delicious breakfast scramble.
- Use spinach on sandwiches instead of lettuce.
- Use fresh spinach in salads.
- Substitute spinach for basil in your favorite pesto recipe.



## PRODUCE POINTERS

- Choose fresh spinach leaves that are dark green and crisp.
- Avoid leaves that are limp, damaged, or mottled in color.
- Wash spinach immediately before eating rather than before storing; washing and then storing can promote mold and bacterial growth.
- Rinse spinach leaves in cool water and pat dry before use.
- Store fresh spinach in an open plastic-bag in the refrigerator for up to four days.

# RECIPE: PASTA WITH GREENS AND BEANS\*

## INGREDIENTS:

- 8 ounces pasta (try penne)
- 1 tablespoon vegetable oil
- 3 cloves minced garlic or 3/8 teaspoon garlic powder
- 10 ounces frozen spinach
- 1 can (15 ounces) diced tomatoes with juice
- 1 can (15 ounces) white beans, drained and rinsed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese



## DIRECTIONS:

1. Cook pasta according to package directions. Set aside.
2. Meanwhile, heat oil in large skillet. Add garlic and cook on low (250 degrees in an electric skillet) until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Add drained pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2 hours.

• [foodhero.org](http://foodhero.org)



## RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).